

# Daily Functioning

## What is it?

Daily functioning refers to your ability to take part in your usual daily activities and socialise with others. Areas of your daily functioning might include:

					
<b>Cognition</b>	<b>Mobility</b>	<b>Self-care</b>	<b>Getting along</b>	<b>Life activities</b>	<b>Participation</b>
Understanding and communicating with others	Moving and getting around	Washing, dressing, eating and staying by yourself	Interacting with other people	Work and household responsibilities	Joining in community activities

## What might poor daily functioning look like?

This could look different for everyone. You might find it harder to get out of bed in the morning, or maybe everyday tasks feel more difficult than they used to. You might have difficulty concentrating on tasks at home or at work. You may feel disconnected from other people, or feel a lack of belonging. Maybe you're finding it hard to take care of yourself, or you're struggling with keeping active or simply getting around.

## Why is it important to maintain good daily functioning?

- To help maintain your health and wellbeing
- To help you stay connected to the people in your life
- To help you feel involved in things that you value e.g. work or hobbies
- To help build your sense of self-worth
- To give you satisfaction and meaning

## What can you do to support your daily functioning?



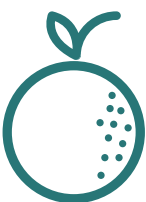
Check-in with your GP or other health professional to maintain your physical health



Stay connected. This might be catching up with friends or family, or attending a community group



Get active! Aim to engage in physical activity on a daily basis



Eat a healthy diet full of a variety of different nutritious foods



Keep your brain mentally challenged. You might try learning a new language, or attending a course